

### **Food Challenge Instructions**

You/your child is scheduled for a food challenge to \_\_\_\_\_ on \_\_\_\_\_.

Please see the below instructions for important information and prep prior to this appointment.

- If you/your child are under the age of 18 years, they **must** be accompanied by an adult who is listed on their HIPAA form on file.
- If you/your child is sick, coughing, wheezing, or on prednisone please contact the office to discuss rescheduling the challenge appointment.
- Please discontinue all antihistamines **one week prior** to this appointment date. This includes Zyrtec, Benadryl, Allegra, Claritin, Xyzal, etc. You do **not** need to stop any asthma medications, eye drops, or nasal sprays prior to this appointment. Please see the attached sheet for a complete list of all medications that need to be discontinued.
- Please be sure to bring at least **ONE un-expired EpiPen** to this appointment. Without having this with you, we will be unable to perform the challenge. While we do keep Epinephrine on hand in the office for reactions, this personal EpiPen that you bring is to ensure your safety should there be a delayed reaction after you leave the office. If you need a prescription sent prior to this visit, please contact the office.
- Please be sure to bring the food that you/your child is challenging to this appointment. There is a list attached to this form. If there are any additional questions on what is an appropriate food for your challenge please contact the office. You may bring condiments such as ketchup, mustard, chocolate syrup, or crackers to put with the challenged food to help your child eat it as long as the child has had the condiment before with no previous allergic reactions.
- Please bring something to keep yourself/your child occupied at this appointment (toys, tablet, books, laptop, etc.) as it can be up to a few hours long. Our office does have free Wi-Fi available.
- You may bring a snack for you/your child as long as it is a snack they have had previously and tolerated with no issues.
- It is recommended to bring an extra change of clothes for yourself/your child in the event of vomiting due to a reaction to the food being challenged.

If there are any questions or concerns prior to your visit, please feel free to contact the office at 781-395-2922.

## **Foods Appropriate for Food Challenges**

- **Almond:** Barney's Almond Butter (smooth and unopened), and/or unopened container of almonds (raw or roasted with no salt or other seasoning).
- **Baked Egg or Baked Milk:** Follow the attached recipe carefully.
- **Beans:** 15oz. can of bean type being challenged; please bring ready to eat (not in the can; warmed per instructions on can; do not use butter, oil, or seasoning; you may add salt and pepper).
- **Coconut:** 6oz. or more of fresh coconut, ready to eat.
- **Eggs:** One scrambled egg made in oil that the patient tolerates, one hard-boiled egg with the shell removed, AND french toast (1 slice should soak in one whole egg); Do not add milk or seasoning.
- **Fish:** 6oz. or more of cooked fish (no seasoning, oil, or butter; you may add salt and pepper)
- **Flaxseed:** unopened container of flaxseed.
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- **Hazelnut:** Nutella (unopened) and/or unopened container of hazelnuts.
- **Milk:** 8oz. or more of whole milk and 8oz. or more of chocolate milk as a backup; you may also bring a 6 oz container of plain yogurt.
- **Oat:** 8oz. or more of cooked oatmeal in a warm container (please bring ready to eat; we do not have a microwave or hot water to add to instant oats in the office), soft oat bars, and/or Cheerios (at least 1 cup)
- **Peanut:** Skippy All Natural Smooth Peanut Butter (unopened), cannot be crunchy.
- **Sesame:** Tahini (unopened), sesame seeds, and/or Soom Chocolate Tahini (unopened).
- **Shellfish:** 6oz. or more of shellfish, ready to eat (when preparing, please use oil or butter the patient tolerates).
- **Shrimp:** 6 or more medium sized shrimp (when preparing, please use oil or butter patient tolerates) or shrimp cocktail with 6 or more shrimp (no cross contamination; cocktail sauce must be separate/on the side)
- **Soy:** 8oz. or more of soy milk and/or soy nut butter (unopened)
- **Sunflower:** SunButter (unopened container) and/or sunflower seeds (unopened container)
- **Tree Nuts:** unopened container of nuts with shells removed (no cross contamination).
- **Wheat:** 2 slices of wheat bread (no seeds or other grains), 1 cup or more of cooked pasta (no cross contamination; may not contain egg); cream of wheat.

**This is a general guide for all patients coming in for challenges. If you were given specific instructions by your provider, please follow them. Please call our office if you have any questions**

## **Medications to Discontinue Prior to your Challenge Appointment**

Antihistamines and decongestants can interfere with oral food challenges by blocking the allergic response. In order for us to give you accurate test results please stop all prescription and over the counter antihistamines and decongestants **7 days prior** to your appointment. These medications include:

- Cough and cold remedies
- Motion sickness medications
- Sleep aids
- Cetirizine/Zyrtec
- Chlorpheniramine/ChlorTrimeton
- Cortisone cream to the arms or back
- Desloratadine/Clarinex
- Doxepin/Sinequan
- Fexofenadine/Allegra
- Hydroxyzine/Atarax/Vistaril
- Loratadine/Claritin/Alavert/or generic
- Levocetirizine/Xyzal
- Tussinex
- Actifed
- Advil Allergy/Sinus
- Cyproheptadine/Periactin
- Contac
- DayQuil
- Deconamine
- Dimetapp
- Diphenhydramine/Benadryl
- Drixoral
- Duravent DA
- Dura-tap

**DO NOT STOP ANY ASTHMA MEDICATIONS** or nasal steroids. Do not stop Singulair. Do not stop any inhalers. Do not stop any blood pressure medications or eye drops, unless this has been arranged with your primary care physician in advance.